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1

Submit your company to be in the running at
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2

After nominations close **Tuesday, November 30th**, you'll be contacted and will receive an email for this program. This email will provide the survey which the HR contact at your company will be responsible for sending to all your **FULL-TIME EMPLOYEES ONLY**.



Please note employee participation requirement in order to qualify:

Small Companies (5-49 full-time employees) = 50% participation

Midsize Companies (50-150 full-time employees) = 30% participation

Large Companies (150+ full-time employees) = 20% participation

3

If your company makes the FINAL list, your HR representative will be contacted directly to announce the exciting news.



4

All companies that make the FINAL list will be featured in the *North Coast Journal* in January 2022, where Humboldt County's Best Companies to Work For will be announced in real-time.



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CDFW

Can I Use A 10-Gauge Shotgun for Turkey Hunting?

Turkey Hunting Season

With fall turkey season coming up, we've had a few questions related to method of take. We here at the California Department of Fish and Wildlife (CDFW) think there is no better Thanksgiving dinner than a freshly harvested California organically grown wild turkey! Fall turkey season opens the second Saturday in November and extends for 30 consecutive days. The bag limit is one either-sex turkey per day, two per season.

Methods of Take

Q: I have a 10-gauge shotgun I like to use for goose hunting. Can I use it for turkey hunting too?

A: Yes, California Code of Regulations (CCR), Title 14, section 311(a) authorizes use of a shotgun, 10-gauge or smaller, using shot shells only and incapable of holding more than three shells in the magazine and chamber combined. If a plug is used

to reduce the capacity of a magazine to fulfill the requirements of this section, the plug must be of one-piece construction incapable of removal without disassembling the gun. We don't want to dissuade you from using your 10-gauge, but keep in mind, one of the most enjoyable elements of turkey hunting is coaxing the bird into your decoys, or your otherwise concealed position, to get a very close shot. With some experience, practice and patience, you'll manage to get the birds in where you can take it with something as simple as a .410.

Broadheads

Q: I'm going archery turkey hunting this fall. I'm interested in trying a guillotine-type broadhead for my arrows. Are they legal to use and is there a limit to how big a broadhead can be?

A: Yes, arrows with guillotine type broadheads, meaning broadheads with extended blades, are legal to use. When

they work exactly as designed, by way of action like a guillotine, they are the quickest, most humane way of taking a wild turkey. The authorized size of a broadhead for take of resident small game is found in CCR, Title 14, section 311. It states: It shall be unlawful to take wild turkey by use of hunting arrows and crossbow bolts unless fitted with a broadhead-type blade which will not pass through a hole seven-eighths inch in diameter. Mechanical/retractable broadheads shall be measured in the open position.

Notice the regulation is designed to prohibit use of a broadhead that is too small, not too large. The requirement to use a broadhead with the designated minimum size is to be sure that hunters are using arrows with a broadhead lethal enough to affect a quick and humane kill on the turkey (or other game). Be sure to practice extensively with arrows fitted with

similarly weighted target tips because the guillotine broadheads are usually much heavier than traditional hunting broadheads. It's important to know how they are going to fly once you release the arrow. Good luck on your turkey hunt!

Archery Only Season?

Q: Is there an archery only season for turkey during the fall?

A: No. Methods of take for fall turkey season includes all methods authorized by the CCR, Title 14, section 311, which include bows and arrows.

Occupied Dwelling

Q: How far away from an occupied cabin do I have to be to legally hunt turkey with a bow?

A: If you have written permission from the cabin owner, you can hunt near the cabin, as long as you do so safely. However, hunting is prohibited within 150 yards of an occupied dwelling or outbuilding unless you have written permission, per California Fish and Game Code, section 3004 (a). The purpose of the statute is to create a safety zone around occupied dwellings such as cabins. If the occupants of the cabin aren't comfortable with hunting, or don't know you're hunting, the 150-yard zone helps ensure their safety. If you don't have permission from the owner of the cabin, or any building where you're hunting which you could reasonably expect to be occupied, you must be at least 150 yards away from the building to shoot your bow while hunting. Additionally, if you do have written permission to hunt near a friend's or neighbor's dwelling, you should give them a heads up about what day and time you'll be hunting as an added measure of safety. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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Tips to Maintain Your Car and Extend its Shelf Life

(STATEPOINT) With car production hitting the brakes due to a global shortage of microchips, new car prices have hit record highs and people are holding onto their cars for longer. As a result, you may be looking for ways to keep your current ride in tip-top condition.

IHS Markit research found that the average age of light vehicles in operation nationwide has risen by nearly two months in 2021, and a recent survey from Kelly Blue Book found that nearly half of all consumers would postpone their car purchase in the hopes that prices normalize.

In the meantime, here are three effective ways to extend the life of your car and experience smoother, safer driving:

Pay Attention

Don't ignore warning signs that something is wrong with your car. Addressing issues as they arise can keep your car in good shape and help you avoid a dangerous situation. If your car is leaking, its engine or brakes don't sound right, it's vibrating or emitting an odd odor, have it looked at. You should also be sure to take note of the symbols

on your car's dashboard display. Some of these warnings indicate issues that are easy to address on your own — for example, refilling your washer fluid or adjusting tire pressure. Others, however, may require a mechanic's immediate intervention, such as faulty brakes or an issue with the car's transmission.

Replace Your Tires

Changing your tires at the right time can do wonders for your car's overall longevity. You should replace your tires per the manufacturer's recommendations, or sooner if the tread is less than 2/32nds of an inch or if there are visible signs of damage, such as cuts, cracks, splits, punctures or bulges.

However, any old replacement tire may not do the trick. In addition to choosing tires that fit your vehicle, you should choose tires that provide superior handling and grip in diverse weather and road conditions. Featuring all the

sought-after characteristics of a solid replacement tire for passenger cars and SUVs, Cooper Tire took this into account with the development of their new Endeavor and Endeavor Plus tires. Designed with safety and reliability in mind, the tires offer several treadwear capabilities and construction features that offer solid performance in all weather conditions, including rain and snow, and provide a comfortable, quiet ride, even on rough and bumpy roads. They also feature the Wear Square indicator, which allows you to quickly see the approximate tread life remaining on your tires.

Keep it Clean

Keeping the exterior of your car clean is not just a matter of appearances. It can actually protect the paint job and prevent rusting. Don't forget the car's interior though. Regular detailing will keep seats and upholstery in good condition and make for more pleasant, better-smelling and healthier driving experiences. Vacuum out your car, wipe down frequently-touched surfaces and clean HVAC vents thoroughly.

With regular care and maintenance, you can extend the life of your car, make it safer and more reliable, and improve the driving experience.

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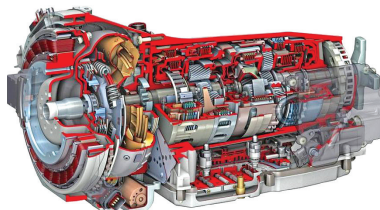
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Outdoor Power Equipment Institute (OPEI)

10 Tips for Safer Winter Generator Usage for Home & Business Owners

Follow manufacturer's instructions and ensure proper ventilation, says OPEI

ALEXANDRIA, VA. - Winter is nearly here, and if your electricity goes out due to snow and ice, a generator can keep power flowing to your home or business. The Outdoor Power Equipment Institute (OPEI), an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars, reminds home and business owners to keep safety in mind when using generators this winter.

"Not having power when you need it is frustrating, so a generator can provide emergency backup power at a reasonable cost," says Kris Kiser, President

and CEO of OPEI. "It's important to follow all manufacturer's instructions, and never place a generator in your garage or inside your home or building. It should be a safe distance from the structure and not near an air intake."

More tips include:

1. Take stock of your generator. Make sure equipment is in good working order before starting and using it. Do this before a storm hits.

2. Review the directions. Follow all manufacturer's instructions. Review the owner's manuals (look manuals up online if you cannot find them) so equipment is operated safely.

3. Install a battery-operated carbon monoxide detector in your home. This

alarm will sound if dangerous levels of carbon monoxide enter the building.

4. Have the right fuel on hand. Use the type of fuel recommended by the generator manufacturer to protect this important investment. It is illegal to use any fuel with more than 10% ethanol in outdoor power equipment. (For more information on proper fueling for outdoor power equipment visit www.LookBeforeYouPump.com). It's best to use fresh fuel, but if you are using fuel that has been sitting in a gas can for more than 30 days, add fuel stabilizer to it. Store gas only in an approved container and away from heat sources.

5. Ensure portable generators have plenty of ventilation. Generators

should NEVER be used in an enclosed area or placed inside a home, a building, or a garage, even if the windows or doors are open. Place the generator outside and away from windows, doors, and vents that could allow carbon monoxide to drift indoors.

6. Keep the generator dry. Do not use a generator in wet conditions. Cover and vent a generator. Model-specific tents or generator covers can be found online for purchase and at home centers and hardware stores.

7. Only add fuel to a cool generator. Before refueling, turn the generator off and let it cool down.

8. Plug in safely. If you don't yet have a transfer switch, you can use the outlets on the generator. It's best to plug in appliances directly to the generator. If you must use an extension cord, it should be heavy-duty and designed for outdoor use. It should be rated (in watts or amps) at least equal to the sum of the connected appliance loads. Make sure the cord is free of cuts, and the plug has all three prongs.

9. Install a transfer switch. A transfer switch connects the generator to the circuit panel and lets you power hard-wired appliances. Most transfer switches also help avoid overload by displaying wattage usage levels.

10. Do not use the generator to "back-feed" power into your home electrical system. Trying to power your home's electrical wiring by "backfeeding" — where you plug the generator into a wall outlet — is dangerous. You could hurt utility workers and neighbors served by the same transformer. Backfeeding bypasses built-in circuit protection devices, so you could damage your electronics or start an electrical fire. ♦

OPEI is an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars.



The City of Rio Dell is now accepting applications for

OPERATOR-IN-TRAINING

(TEMPORARY FULL-TIME POSITION)

(\$17.28/hr. + Benefits)

Entry level position into the wastewater operator career field. Apply skills in science and mechanics to help protect the environment.

UTILITY WORKER (PART-TIME)

(\$15-17/hr. 20 hours per week)

This is a hands-on position involving the maintenance and repair of City facilities, systems and equipment on a part-time basis. The work involved is physically demanding.

Rio Dell residency is desirable.

Applications may be obtained at
675 Wildwood Avenue,
www.cityofriodell.ca.gov or
call (707) 764-3532.



NORTHCOAST REGIONAL LAND TRUST

The Northcoast Regional Land Trust is seeking a **Farm Stand Tenant at Freshwater Farms Reserve** (5851 Myrtle Ave) who will help maintain the property as a safe and welcoming place, provide our community access to locally grown foods, and conduct operations consistent with local and state regulations and in compliance with our lease.

Available beginning February 2022, the leased area includes a building designated for use as a farm stand and associated storage, a greenhouse/nursery building, a storage area in the main barn, and one acre of agricultural land. The base rental rate is \$850/month.

More information and application information available at ncrlt.org.

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**Redwood Community
Action Agency
is hiring!**

ADULT & FAMILY SERVICES DIVISION

- **Family Support Specialist I**
F/T 40 hours weekly, \$16.00 hr.
- **Family Support Specialist II**
F/T 40 hours weekly, \$17.00 hr.
- **Case Worker**
F/T 40 hours weekly, \$18.00 hr.

COMMUNITY SERVICES DIVISION

- **Program Coordinator for
Financial Literacy Project** F/T 32
hours weekly
\$18.50-\$20.00/hr. DOE

ENERGY SERVICES DIVISION

- **Intake & Outreach Specialist.**
F/T 37.5 hours weekly, \$17.00/hr.
- **Weatherization Field Crew**
F/T 40 hours weekly, \$18.00/hr.

YOUTH SERVICE BUREAU DIVISION

- **Youth Shelter Worker**
P/T \$17.00/hr. - \$17.50/hr. for
overnight (NOC) shifts.
- **Program Coordinator for the
RAVEN Project.** F/T 40 hrs/wk
\$18.50-\$20.00/hr
- **Advocate & Outreach Liaison Case
Worker** F/T 40hrs/wk \$18.00/hr

All fulltime positions have
complete benefit packages that
include Medical, Dental, Vision,
Employee Assistance Plan, & 401K
Retirement Plan.

Go to www.rcaa.org for complete
job descriptions, qualifications
& required job application.
Positions are open until filled.
RCAA is an EOE

HOLIDAY SEASON



Holiday turkey made with homemade brine using Livia's Seasoning Salt.
Statepoint.net

Elevate Holiday Cooking with Quick and Easy Tweaks

(STATEPOINT) Holiday cooking and entertaining don't have to be overly complex to impress. Here are quick, simple ways to elevate your meals for memorable experiences your friends and family will love:

Balanced Seasoning

Are your go-to family recipes in need of an update? Enhance the flavor profile of savory holiday dishes by swapping out salt and pepper and instead, reaching for Livia's Seasoning Salt, an all-natural, pre-blended seasoning of kosher salt, coarse-ground black pepper and garlic.

"Livia's is good on just about everything, which is why it's the not-so-secret ingredient in a lot of my creations," says Peter Hoff, executive chef and partner, NOLO's Kitchen & Bar.

You can use Livia's in a number of ways during meal preparation and table-

side to give holiday dishes something extra:

- Add flair to appetizers by shaking it into the yolk mixture of deviled eggs or using it to season baked brie.

- Season the outside of your turkey with olive oil and a few liberal shakes of Livia's, or even create your own brine that will become a treasured recipe of its own.

- Season hams and roasts with it.
- Add it to stuffing and mashed potatoes.

- Update morning egg bake recipes to wow overnight guests.

- Include it on your holiday table so that guests can season their food to taste.

For more information, visit liviaseasoningsalt.com.

Add Pizzazz to Desserts

With a few updates, you can give your standard dessert line-up a touch of ele-

gance. Use fresh ginger in your gingerbread cookies. Create your own crumbs for sprinkling on top of cakes. Garnish slices of pie with a mint or basil sprig or a cinnamon stick. Melt your favorite chocolate and drizzle it on anything.

Up Your Tablescape Game

A holiday feast is the perfect time to create a special atmosphere. And you can do so easily by breaking out your best dishes and utensils, as well as by adding a few natural elements to the table, such as poinsettias, holly, evergreens and pinecones. Ditch the overhead lights and use candles or other warm lighting to create a soft, convivial glow.

You don't need to overhaul your entire menu to make your holiday feast special. Make quick, simple tweaks and additions to your existing recipes and entertaining traditions to elevate the occasion. ♦

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California MENTOR is seeking families with an available bedroom in their home to share with an adult with special needs. Receive ongoing support and a generous, monthly payment.

MentorsWanted.com



ResolutionCare

Full-time RN position

Vynca is a fast-paced, fun entrepreneurial environment incredibly passionate about transforming end-of-life care. With the integration of ResolutionCare services, we are actively looking for registered nurses to provide patient-centered, home-based care for individuals with specialty palliative care needs via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice or palliative care or a closely related field and effective communication, technology, and time management skills. This is a full time (40 hrs/wk), permanent position with an excellent benefit package. California licensure is required.

To apply, please review our website www.resolutioncare.com and then send a cover letter and resume by e-mail to info@resolutioncare.com or fax it to (707) 440-8100. Open until filled. Salary competitive and commensurate with experience.



DECEMBER 1ST FREE OF CHARGE DISPATCHER TESTING

Arcata Police Department California Peace Officer Standards and Training (P.O.S.T.)

Test Session in Arcata

6:00 p.m. (no late entries) with a face covering

Calling high school graduates age 18 and over. Take this interactive, no study test for more career options. Plus NEW for all applicants: if hired, you qualify to receive a \$3,000 hiring bonus!

This test helps determine if you have a natural ability to become a Police Dispatcher, no studying is needed. Individuals from a broad spectrum of employment backgrounds often learn they have what it takes to be of great service to their community.

Submit a completed test reservation form available at City of Arcata "Jobs" page and email to: personnel@cityofarcata.org with Test Reservation in the subject line.

Testing is compliant with Covid-19 safety protocols therefore space is limited. For further information or to drop off or obtain a hard copy of the reservation form, please call Arcata City Manager's Office 707-822-5953.

THE CITY OF
EUREKA
COMMUNITY SERVICES

MAINTENANCE WORKER — PARKS DIVISION

\$2,802 - \$3,406/month
Plus Excellent Benefits

****Salary will increase to \$2,887 - \$3,509 per month in 2022 with an additional 5% increase in 2023 and again in 2024.**

The City of Eureka is currently hiring for two (2) full-time Maintenance Worker positions with our Parks Division. This position performs a variety of semi-skilled labor in the maintenance of City parks, public spaces and infrastructure. Desirable qualifications include a combination of education equivalent to graduation from high school, and at least 1 year of construction, maintenance, or landscaping experience. For a full job description and to apply, please visit our website at www.ci.eureka.ca.gov.

Applications will be accepted until 5:00 p.m. on Wednesday, November 24th, 2021. EOE

THE CITY OF
EUREKA
POLICE DEPARTMENT

FACILITIES MAINTENANCE TECHNICIAN

\$3,222-\$3,916 Monthly
Plus Excellent Benefits

Salary for this position will increase to \$3,320 - \$4,035 in 2022 with an additional 5% increase in 2023 and again in 2024.

This is a journey-level class in the facilities maintenance series that performs mechanical and electrical maintenance duties at City buildings and facilities. Incumbents are responsible for performing maintenance and alterations on City buildings and facilities, HVAC and other electrical and mechanical systems; identifying and evaluating construction-related problems; and performing installation and repairs on plumbing systems. For a complete job description and to apply please visit our website at: www.ci.eureka.ca.gov.

Final filing date: 5:00 pm, Wednesday, November 24th, 2021. EOE



NOW HIRING!

We are actively taking applications for open positions at each location, such as:

Visit Coordinator – Scotia

Medical Assistant – Scotia

RN/LVN – Scotia

Dental Assistant – Weaverville

Medical Assistant – Mad River

Dentist – Mad River

LCSW

We are seeking a self-motivated, quick-learning, and career-minded individual seeking long-term employment.

Scan QR code for more information or contact our hr@sthsclinic.org



HOLIDAY SEASON



Statepoint.net

5 Tips to Prep Your Home for Holiday Guests

(STATEPOINT) Cooler temperatures, outings to the Christmas tree farm, game nights and holiday feasts. Now that the holiday season is here, it's time to prep your home for seasonal fun! Whether you're hosting a big or small group of family and friends this holiday season, decorating and decluttering around the house can make party prep easier and more enjoyable for everyone. With that in mind, here are some top tips to create functional and stylish spaces that are easy to keep clean and tidy throughout the festivities.

Delightful décor. Make any room feel warm and welcoming with EasyLiner Removable Adhesive Shelf Liner by Duck Brand. Decorating with laminate is an affordable way to add pops of color to a kitchen backsplash, reading nook or old side table. Choose a print that matches your style and easily stick the laminate to smooth, flat surfaces for a fresh new look that will wow your

guests.

Mudroom without messy floors. Preparing an area near your entryway for bags and shoes is a must when expecting visitors. If you have a bench with storage, add machine-washable liner to the cubby to keep shelves clean and dry. Placing liner by the entrance of your home will also offer extra space to store muddy or wet shoes and stop salt and snow from tracking in the house. When guests leave, toss the liner in the wash and reuse.

Spotless spaces for kids. All holiday gatherings need a space for kids to have fun and play together. While setting up for arts and crafts, line the table with a clear, textured liner to prevent crayons, markers or glue from damaging surfaces. When it's time to clean up, simply wipe the liner or toss it in the dishwasher.

Get your guest room ready. If you have family staying overnight, it's time



**Redwood
Community Action
Agency is hiring!**

AMERICORPS MEMBERS

Redwood Community Action Agency's AFACTR Program - looking for members to serve at Community and Family Resource Centers throughout Humboldt County.

BENEFITS INCLUDE:

- \$14,040 living allowance per 1200 hour term of service
- \$375 Rental assistance for all members
- \$4,441 end of service educational award
- Health benefits
- Professional trainings and development
- Childcare if eligible
- Eligible student loans can be placed in forbearance

For more information call
Erika 707-269-2047

to get your guest room in shape. Dress up drawers and closet shelves with Smooth Top EasyLiner. The grip bottom will keep the liner and items in place. Trendy patterns will elevate your home décor and guests will appreciate how clean and homey the space feels during their stay.

Bathroom basics. Once you're done prepping the guest room, don't forget about the guest bathroom. Keep styling stations and the bath clean and tidy with shelf liner and a bath mat. Duck Brand offers a variety of cushioned, machine-washable bath and shower mats for extra comfort and safety. The Clorox mat is also designed to prevent the growth of mold and mildew on the mat.

Making these small updates around the house now will keep your most-used spaces clean and tidy to ensure family and friends are comfortable and happy over the holidays. ♦

THE NORTH COAST JOURNAL IS HIRING SALES REPS



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Seeking full-time motivated individuals eager to develop and manage sales programs across print, web and mobile platforms.

Apply by emailing your resume to kyle@northcoastjournal.com



HR Administrator

Are you someone who enjoys helping people and are fanatical about solving problems? The Andretti Group goal of our HR department is to consistently deliver an extraordinary experience for every employee and manager you interact with. Here, we do not settle for less than our best. This position is responsible for maintaining records, preparing documents, and handling sensitive company information, which requires that you maintain a high level of professionalism and confidentiality. The HR Administrator must be able to work efficiently to ensure the end-to-end processing of HR projects and operations.

Qualifications

- Positive and solution-oriented attitude.
- Great communication and interpersonal skills
- Strong attention to detail and sense of urgency
- Stress resilient and able to work in a fast-paced, changing environment
- Demonstrates good time management skills, prioritizing and handling multiple tasks simultaneously.
- Professional appearance and demeanor.
- Strong sense of personal integrity Hiring Minimum Requirements
- 18 years or older
- High school graduate, GED, or relevant work experience
- Employment contingent upon successful completion of a background check

<https://andretti1.com/career/>



City of Arcata Administrative Assistant –

Recreation Division

\$42,561.50 - \$53,027.11/yr.

**Applications must be received by:
4:00 p.m. Tuesday, November 30, 2021**

The City of Arcata is looking for an energetic and organized candidate to join our Recreation Division! This front line position works directly with members of the public of all ages and works to support the functions and programs of a face-paced and dynamic Recreation division supporting both year long and seasonal youth and adult programs.

Visit: <https://www.governmentjobs.com/careers/arcataca> for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.



Northcoast Children's Services

Do you love being with children?

Do you enjoy supporting children learn and grow?

Are you looking for a meaningful profession?

Do you want a job that has evenings and weekends off?

Would you love to find a job with a Hiring Incentive?

Northcoast Children's Services may be what you're looking for!

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families.

We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

New Hire Incentives are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of \$750. Part time employees, who work less than 30 hours will receive a \$500 incentive. Incentives are paid after 90 days of employment.

Please visit our website or Facebook page for more information on how to join our growing team!

<https://ncsheadstart.org/employment-opportunities/>

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707-822-7206 or visit our website at www.ncsheadstart.org



Beet Lentil Chili Seneca Foods

Warm Up with Classic Comfort Foods

(FAMILY FEATURES) With plenty of cold-weather events and gatherings to celebrate alongside loved ones, one classic way to warm up the crowd is hot, comforting food. Soups, chili, casseroles, stews and more provide perfect ways to shake off the chill that comes with the season.

Ideal for serving family and friends after time spent outside or just as an excuse to get together, Beet Lentil Chili with Aunt Nellie's Sliced Beets and Loaded Chicken Bake made using READ German Potato Salad provide filling options for satisfying a group with eight servings each. Plus, they're easy to make — the chili calls for 20 minutes of prep before simmering while the chicken casserole requires less than an hour spent in the kitchen.

Next time a brisk day cools your family to the core, keep these hearty meals in mind for simple options to warm up from the inside out.

Find more comforting recipe ideas at www.auntnellies.com and www.readsalads.com.

Beet Lentil Chili

Recipe courtesy of Angie McGowan of "Eclectic Recipes"

Prep time: 20 minutes

Cook time: 2 hours

Servings: 8



Loaded Chicken Bake Seneca Foods

2 jars (16 ounces each) Aunt Nellie's Sliced Beets
 2 tablespoons olive oil
 1 large onion, diced
 4 stalks celery, diced
 3 medium carrots, diced
 1 teaspoon kosher salt
 2 cloves garlic, diced
 2 tablespoons smoked paprika
 2 tablespoons ground cumin
 1 1/2 tablespoons ground coriander
 1 teaspoon dried oregano
 2 tablespoons chili powder
 1 can (6 ounces) tomato paste
 2 quarts low-sodium chicken or vegetable stock
 1 quart water
 1 pound lentils

Garnishes (optional):

1/2 cup sour cream
 1/4 cup radishes, cut into matchsticks
 1/2 cup freshly chopped cilantro
 1/2 cup finely chopped onions
 1 cup crumbled queso fresco

Drain beets; dice and set aside. Discard liquid.

Preheat large soup pot over medium heat. Drizzle with olive oil. Add onion, celery, carrots and salt; sauté until softened, stirring occasionally.

Add garlic, paprika, cumin, coriander, oregano, chili powder and tomato paste; sauté until fragrant, stirring frequently.

Add stock, water, beets and lentils. Bring to boil; reduce to simmer. Simmer about 2 hours, or until lentils are tender.

Serve with sour cream, radishes, cilantro, onions and queso fresco, if desired.

Loaded Chicken Bake

Recipe courtesy of "Hungry In LA"

Prep time: 20 minutes

Cook time: 15 minutes

Servings: 8

Nonstick cooking spray
 2 cans (15 ounces each) READ German Potato Salad
 4 cups shredded rotisserie chicken

CONTINUED ON NEXT PAGE →



Northcoast Children's Services

ENTER DIRECTORS, Arcata

Overall management of Head Start & Partnership programs. AA/BA in Child Development or related field preferred. Must meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. \$20.00-\$22.05/hr.

Open Until Filled

CENTER DIRECTOR, Eureka, McKinleyville

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); \$20.00-\$22.05/hr.

Open Until Filled.

ASSOCIATE TEACHERS, Redway, Orleans

Assists teacher in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—including core classes—and at least 1-yr. exp. working w/ children. Redway: F/T 32 hrs./wk. Orleans: F/T 32 hrs./wk. \$17.00-\$17.85/hr. **Open Until Filled.**

TEACHERS, Eureka (Temp), Arcata

Responsible for development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F \$17.50-\$19.30/hr. **Open Until Filled.**

TEAM TEACHER, Arcata

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have

1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$17.75-\$18.64/hr. **Open Until Filled.**

ASSISTANT TEACHERS, Arcata

Assist teacher in the implementation & supervision of activities for toddler age children. Min. of 6-12 ECE units preferred, not required, & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri (7:30am-12:30pm), \$15.00-16.54/hr. **Open Until Filled.**

ASSISTANT TEACHERS, McKinleyville, Blue Lake, Eureka Fortuna

Assist teacher in the implementation & supervision of activities for preschool age children. Min. of 6-12 ECE units preferred, not required, & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri \$15.00-\$16.54/hr. **Open Until Filled.**

INTERPRETER, Eureka

Assist in interpreting in class, at parent meetings & on home visits for children & families. Bilingual Spanish required. Must have 6 months' exp. working w/ children & families. Prefer 6-12 units in Early Childhood Education. P/T 16 hrs./wk. (8:30am-12:30 M-Thursday) \$15.00/hr. **Open Until Filled.**

HOUSEKEEPER, Eureka McKinleyville

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety requirements. Eureka, P/T 16 hrs./wk. McKinleyville, P/T 9 hrs./wk. \$15.00/hr. Late afternoon/evening hours, flexible. **Open Until Filled.**

Submit applications to
Northcoast Children's Services

1266 9th Street,
 Arcata, CA 95521.

For addtl info & application please call 707-822-7206 or visit our website at www.ncsheadstart.org



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

ICWA SOCIAL WORKER

Hoopa Human Services, Regular, F/T, Salary: \$24.00-\$26.00/hr. DOE. To provide case management services to children and families engaged in the CWS, Tribal Court, State Court, Family Wellness Court, and ICWA systems. Case management will include determination of need for social service; service referrals; individualized treatment and specialized application of culturally appropriate Case Plans. **Minimum Qualifications:** Bachelor's Degree required in Social Work, Psychology, Behavioral Science, Sociology or related field from an accredited University, plus one-year work experience preferably in ICWA case management. See job description for additional requirements. Must possess a Valid CA Driver's License and be insurable. Subject to Title 30A Employment Background Check.

DEADLINE: Open Until Filled

LEAD SOCIAL WORKER

Hoopa Human Services, Regular, F/T, Salary: \$26.00-\$28.00/hr. DOE. To provide case management services to children and families engaged in the CWS, Tribal Court, State Court, Family Wellness Court, and ICWA systems. Case management will include determination of need for social service; service referrals; individualized treatment and specialized application of culturally appropriate Case Plans. **Minimum Qualifications:** Bachelor's Degree required in Social Work, Psychology, Behavioral Science, Sociology or related field with three years' work experience preferably in case management. See job description for additional requirements. Must possess a Valid CA Driver's License and be insurable. Subject to Title 30A Employment Background Check.

DEADLINE: Open Until Filled

For job descriptions & employment applications, contact the Human Resource Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 23 or email l.offins@hoopainsurance.com or hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance apply

Classic Comfort Foods

← CONTINUED FROM PREVIOUS PAGE

- 1/2 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon finely ground black pepper
- 3/4 cup shredded sharp cheddar cheese
- 1/4 cup crumbled cooked bacon
- French-fried onions (optional)

Preheat oven to 375 F.

Lightly coat 9-by-13-inch baking dish with nonstick cooking spray.

Spread potato salad evenly in dish. Top evenly with chicken.

In small bowl, stir together cream, salt and pepper. Pour mixture over chicken.

Sprinkle with cheese, bacon and French-fried onions, if desired.

Bake 15 minutes, or until casserole is bubbly. Let stand 10 minutes. Top with additional French-fried onions, if desired. ♦



CANTUA INSURANCE AGENCY



Lic #OC67822

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MOBILE HOME • COMMERCIAL • WORK COMP.**

Two Locations to Serve You

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707-923-2179**

FAX 707-923-9550

**16 W. Valley Street • Willits
707-459-3276**

FAX 707-459-3298

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Do You Have Undiagnosed Diabetes?

(STATEPOINT) Diabetes is a chronic condition that leads to serious life-threatening complications; however many people go undiagnosed and are undertreated — a situation being further exposed by the COVID-19 pandemic. November is Diabetes Awareness Month, and a good opportunity to better understand risk factors, symptoms and the importance of early diagnosis and action.

More than 34 million people in the United States are affected by diabetes, and one-in-five of them are undiagnosed, according to estimates from Centers for Disease Control and Prevention. Health services organization Cigna reports that between January 2020 and June of 2021, nearly 800 of its patients who were diagnosed with COVID-19 were found to have undiagnosed diabetes. Only 14 percent of those people had previously been diagnosed with pre-diabetes.

So why are so many people living with diabetes going undiagnosed? Cigna claims data shows that those at higher risk of having social or economic obstacles to health, also had a higher risk of undiagnosed diabetes and COVID-19, which can compound problems.

“As is the case with many medical conditions, timely diagnosis and treatment of diabetes is impacted by persisting health inequities that affect certain communities and populations,” says Dr. Mandeep Brar, Cigna medical director and board-certified endocrinologist. “Factors such as race, ethnicity, access



© Sabrina Bracher / iStock via Getty Images Plus

to healthful food, education, health care coverage and language barriers, to name a few, all contribute to undiagnosed cases of diabetes.”

However, according to Dr. Brar, early diagnosis is critical for everyone: “When diabetes is left untreated, it will progress, causing complications such as neuropathy, kidney disease, diabetic ulcers and wounds, amputations and other serious and life-threatening issues. If you’re living with diabetes, the sooner you’re aware of that, the more quickly you can learn to manage your condition and prevent it from advancing.”

According to Cigna, here are three steps everyone can take today:

1. Understand signs and symptoms.

Sharing any new symptoms with your primary care provider can be crucial in early detection and proper, timely treatment. Symptoms can include frequent urination, excessive thirst or hunger, unexpected weight loss, cuts or bruises that are slow to heal, frequent infections, very dry skin, extreme fatigue, and blurry vision, according to Dr. Brar.

2. Get screened. Schedule an annual preventive check-up or diabetes screening. Regardless of symptoms, one of the most powerful ways to detect diabetes is to be screened for this

disease with a simple blood test by your primary care provider. If diagnosed with prediabetes, there are a number of lifestyle changes you can make to reverse prediabetes and prevent or delay Type 2 diabetes and other serious health problems. These changes include eating healthfully, increasing physical activity, losing weight and managing stress.

3. Assess risk factors. Some people are more likely to develop diabetes than others. In addition to being 45 years or older, risk factors include being overweight, having a parent or sibling with Type 2 diabetes and being physically active fewer than three times a week. Additionally, African Americans, Hispanics, Native Americans, Asian Americans and Pacific Islanders are at higher risk than white people for developing Type 2 diabetes. If you have any of these risk factors, request a screening test with your primary care provider, regardless of your age.

For a quick, online Type 2 diabetes risk test, visit www.diabetes.org/risk-test.

This Diabetes Awareness Month, get savvy about the disease. Understanding symptoms and risk factors can mean early detection and better outcomes. ♦

MY NAME IS CLIFFORD
Dachshund. Senior Male Small.



MY NAME IS DOMINO
Domestic Short Hair.
Kitten Male Small.



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Delight Friends and Family with Winter-Blooming Bulbs

by Melinda Myers

GIVE A HOLIDAY GIFT that is guaranteed to bring joy and feelings of well-being. Research by Rutgers University found the gift of flowers generates a smile, elevates the recipient's mood, and provides feelings of happiness that last for days. Amaryllis and paperwhite bulbs make it easy for anyone to enjoy these benefits by growing their own living bouquet of flowers.

Non-gardeners will appreciate receiving an amaryllis or paperwhite gift kit that includes the bulb, soil and pot. All they need to do is open the box, water the soil and wait for the beauty to unfurl. Or make your own ready-to-grow gifts by purchasing bulbs and planting them in decorative pots.

Each amaryllis bulb sends up multiple stems topped with flowers that can measure up to eight inches across. Nurturing amaryllis or paperwhites from bulb to bloom requires no experience or special care, but answers to any questions can be found at www.LongfieldGardens.com.

Are there gardeners on your list? Keep it simple by selecting some winter-blooming amaryllis or paperwhite bulbs and tucking them into an attractive gift bag. While most people are familiar with the classic red amaryllis, there are many other colors and flower styles to choose from. Make your gift extra special by ordering some of these less-common varieties.

Elvas is a double white amaryllis with petals outlined in red. As the flowers ma-

ture, they gradually open wider and the red highlights become more apparent.

Giant Amadeus features layers of petals that start out white and blush to pink, coral and salmon. The color and intensity increase as the petals open.

For a twist on traditional red, consider Magical Touch. Its cherry red blossoms have broad, ruffled petals edged in white. When the flowers are fully open, they are flat rather than trumpet shaped.

Ruby Star is another uncommon amaryllis. Classified as a papillon or butterfly amaryllis, it has large, irregular-shaped petals in a striking color combination of wine red and apple green.

Brighten dark winter days with the cheery, lemony yellow flowers of amaryllis Yellow Star. Each bulb will send up multiple stems topped with four to six long-lasting flowers.

The flowers of amaryllis Cape Horn feature big, rounded petals in a lovely shade of rose-pink. Each blossom has a white star at the center and a lime green throat.

Most amaryllis bulbs begin flowering eight to 10 weeks after planting. Paperwhite narcissus bulbs bloom in half the time and can be grown in soil or a shallow bowl of stones and water. For maximum fragrance, plant Ziva paperwhites. Varieties such as Nir and Inbal produce the same snowy-white flowers



The flower petals of Giant Amadeus amaryllis start out white and turn to pink, coral and salmon. Photo courtesy of Longfield-Gardens.com

but have a much lighter fragrance.

Store winter-blooming bulbs in a cool, dry and dark place until you are ready to plant. Once you pot up the bulbs and place them in a warm, bright location, they will break dormancy and begin to sprout. Watching as the stems emerge, buds develop and flowers appear is all part of the fun.

Be sure to order a couple extra bulbs for yourself. You will enjoy the stress relief these beautiful winter bulbs provide during the holiday season and long winter months. ♦

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her web site is www.MelindaMyers.com.

MY NAME IS BROWN SUGAR
Labrador Retriever.
Young Female Medium.



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Domestic Short Hair.
Adult Female Medium.



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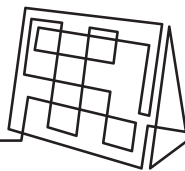
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Calendar

Nov. 16 - Nov. 30, 2021



Virtual World

ARTS & CULTURE

Know Your Dunes: An Educational Community Webinar. Wed., Nov. 17, 6 p.m. Virtual World, Internet, Online. A series of short presentations highlighting collaborative conservation efforts of Humboldt's coastal dune environments. Register online. Free. www.friendsofthedunes.org/dunescooperative.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Internet, Online. A live virtual open mic poetry reading on Zoom on the last Thursday of each month. Open to both teens and adults. Share poems in any form or style, or just listen. Registration is required. Contact Melissa at the Ukiah Library for the Zoom link: carrm@mendocinocounty.org. Free.

On the Same Page Book Club.

Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

Reading in Place - An Online Reading Group. Saturdays, 1 p.m. Virtual World, Internet, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. www.forms.gle/zKymPvcDFDG7BJEP9.

Shelter n Play. Fridays, 6 p.m. Virtual World, Internet, Online. Public group on Facebook made up of locals. Open mic for all skill levels, all styles, everyone's welcome to watch or perform. Sign-ups Wednesdays at noon. www.facebook.com/groups/224856781967115.

Sustainable Futures Speaker Series.

Thu., Nov. 18, 5:30-7 p.m. Virtual World, Internet, Online. William Bauer presents *We Are the Land: A Native History of California in the 20th and 21st Centuries*. Register online. envcomm1@humboldt.edu. www.envcomm.humboldt.edu/fall-2021. 707-826-4345.

The Writers Lounge via Zoom.

Thursdays, 7:30 p.m. Virtual World, Internet, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqaUVYQowzekVnZkZoVlMzZz09.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressempowered.com.

Humboldt Grace Fire Recovery Project Auction. Local art, destination get-aways, beauty products, tools, and more. Raising funds to help communities rebuild with vouchers from local companies for fire victims who are landowners, homesteaders, small business owners, small farmers and/or a local organizations in the Emerald Triangle. Free. lele@humboldtgrace.org. www.event.auctria.com/69ba905f-e1c6-42cb-b53c-64a81e42ce67/. (707) 672-4254.

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Internet, Online. California State Parks' North Coast Redwoods District is broadcasting programs featuring tall trees and rugged seas from state parks

via Facebook. Free. www.facebook.com/NorthCoastRedwoods.

MARZ Project. Tuesdays-Fridays, 12-5 p.m. Virtual World, Internet, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. (707) 442-8413.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. Virtual World, Internet, Online. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more information. hcblackmusicnarts@gmail.com.

Virtual Junior Rangers. Thursdays, 11:30 a.m. Virtual World, Internet, Online. North Coast Redwoods District of California State Parks offers kids' programs and activities about coast redwoods, marine protected areas and more, plus Junior Ranger badges. Register online and watch live. www.bit.ly/NCRDVirtualJuniorRanger.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

ARTS & CULTURE

An Evening of Radio Drama. Fridays, Saturdays, 7 p.m. and Sundays. Rogue Playhouse, 94196 W Moore St., Gold

Beach. Ellensburg Theater Company presents an evening of radio drama. From the 1937 *Lights Out* series, *Ghost Party*; From the 1952 *Black Museum* series, *Four Small Bottles*; from the *Sherlock Holmes* 1939 series, *The Musgrave Ritual*. \$10. (541) 247-4382.

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market.

Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Natures Coastal Holiday Festival of Lights. Nov. 26-Dec. 31, 5-9 p.m. Azalea State Park, Brookings, Brookings. Holiday light show going thru Christmas. More than 2 million lights and over 90 2D- and 3D-sculptures. \$3, free for kids under 12.

Del Norte County

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering home-grown organic veggies and produce.

Trinity County

ARTS & CULTURE

Book and Bake Sale. Sat., Nov. 20, 10 a.m.-noon. Lewiston, California, Trinity County. To support the Old Lewiston Schoolhouse Library. In front of the Lewiston Mini Mart.

Humboldt County

ARTS & CULTURE

An Afternoon of Jazz with James Zeller & Friends. Sun., Nov. 21, 3 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Enjoy art and listen to jazz from world class local musicians. James Zeller & Friends consists of James

CONTINUED ON NEXT PAGE →

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Calendar

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Zeller, vocals, trombone, guitar and piano; Katie Belknap, vocals, guitar and clarinet; Britt Smith, guitar and fiddle; and Lee Phillips, double bass. Masks required. \$5 adults, \$2 students/seniors/military, free for museum members, children under 18 and families with an EBT card. www.humboldtarts.org.

Annual CR Art Faculty & Staff Exhibition.

Thu., Nov. 18, 5-6:30 p.m. College of the Redwoods Creative Arts Gallery, 7351 Tompkins Hill Road, Eureka. Works on display Nov. 18 to Jan. 21, 2022 include painting, sculpture, mixed media, digital media, watercolor, ceramic, photography, fiber arts and video. Live Zoom discussion with artists on Nov. 18. Registration required. Free. art-gallery@redwoods.edu. redwoods-edu.zoom.us/j/92854285428. (707) 476-4559.

BDT: A Retrospective. Goudi'ni Native American Arts Gallery, Humboldt State University, Arcata. Fall exhibition celebrating Karuk artist Brian Tripp's five-decade art career with work from 1969 to present. In-person viewing hours: Tuesday-Wednesday noon to 5 p.m.; Thursday-Friday 1 to 6 p.m.; and Saturday 10 a.m. to 2 p.m.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

HSU Music Department. Sat., Nov. 20, 2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Faculty members from Humboldt State University Music Department perform classical, cross-over genres, chamber music and solo performances. Masks required. \$5, \$2 seniors/students/military, Free for HAC members, children less than 17 and families w/an EBT card. www.humboldtarts.org.

Improv at the Playhouse. Fri., Nov. 19, 8 p.m. Arcata Playhouse, 1251 Ninth St. Sleeper Theatre in collaboration with The Arcata Playhouse is putting on a night of improv. Vaccines and masks required. Must show proof of vaccination at the door. \$10.

Pippi Longstocking, A Musical. Fri., Nov. 26, 7 p.m., Sat., Nov. 27, 2 & 7 p.m. and Sun., Nov. 28, 2 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. Award-winning Swedish author Astrid Lindgren's story about every child's dream of freedom and power. Patrons must provide proof of vaccination or a negative COVID test to enter the theater. \$19-\$34. box-office@mainstagehumboldt.org. www.mainstagehumboldt.org. (707) 200-1778.

Rodney Carrington. Sat., Nov. 27, 7 & 9 p.m. Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Comedian, actor, singer and writer. www.cheraeheights-casino.com.

Storywalk. Nov. 26-Dec. 25. Historic Old Town Eureka, Second Street. Stroll along and window whop with your child as you read *The Night Before the Night before Christmas* by local author Natasha Wing. The pages of the book will be displayed in store windows along Second Street. www.eurekamainstreet.org.

LIFESTYLE & COMMUNITY

Arcata Marsh Birding Tour. Sat., Nov. 20, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Larry Karsteadt at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 participation guidelines online. RSVP by text. Free. thebook@reninet.com. www.rras.org/home.aspx. (707) 499-1247.

Arcata Marsh Birding Tour. Sat., Nov. 27, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Bob Battagin at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 participation guidelines online. RSVP by text. Free. thebook@reninet.com.

reninet.com. www.rras.org/home.aspx. (707) 499-1247.

Arcata Plaza Farmers Market.

Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Every Saturday Humboldt County farmers bring their non-GMO bounty, rain or shine. EBT accepted and Market Match is offered. Information and COVID rules online. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. (707) 441-9999.

Bayside Holiday Market. Thursdays-Saturdays, 12-7 p.m. and Sundays, 12-4 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. Holiday Market featuring almost 30 artisans and crafters. www.baysidecommunityhall.org.

Beginning Birdwatching and Project FeederWatch.

Sat., Nov. 20, 10 a.m.-noon. Jacoby Creek School, 1617 Old Arcata Road, Bayside. Every third Saturday through April 9, 2022. Come watch and learn about birds in an informal, family-friendly setting. Bring binoculars, wear a mask and practice social distancing. COVID-19 participation guidelines online. Free. daseeger@gmail.com. www.rras.org/home.aspx. (707) 444-2399.

Community Yard Sale. Sat., Nov. 20, 9 a.m.-4 p.m. Mistwood Educational Center, 1928 Old Arcata Road, Bayside. Yard sale finds for your holiday shopping. All proceeds go to expanding Mistwood and developing its high school program. kate@mistwoodvillage.org. (707) 826-1150.

Eureka Waterfront Birding Tour. Sun., Nov. 21, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. Enjoy a guided birding tour along the Eureka Waterfront Trail with leader Ralph Bucher. COVID-19 participation guidelines online. RSVP by text or email with the walk date and name, email and phone number. Free. thebook@reninet.com. www.rras.org/home.aspx. (707) 499-1247.

Fire Relief Donation Drive. Thursdays,

2-5 p.m. Arcata Veterans Hall, 1425 J St. Updated list of needs and a monetary donation site online. legionprograms@gmail.com. www.battlenhomefronts.org. (707) 610-6619.

FOAM Marsh Tour. Sat., Nov. 20, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Katy Allen in the lobby for a 90-minute, rain-or-shine walk focusing on marsh plants and/or ecology. Bring a mask to comply with current COVID rules. Free. (707) 826-2359.

FOAM Marsh Tour. Sat., Nov. 27, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Barbara Reisman in the lobby for a 90-minute, rain-or-shine walk focusing on plants and/or marsh ecology. Bring a mask to comply with current COVID rules. Free. (707) 826-2359.

HCBMAA Black Out Party. Sat., Nov. 20, 8-11 p.m. Redwood Raks World Dance

Studio, 824 L St., Arcata. Celebrate Humboldt County Black Music and Arts Association's second anniversary. See Facebook for more info. www.facebook.com/HC-Black-Music-Arts-Association-104727504645663.

Holiday Makers Market. Sat., Nov. 27, 2-8 p.m. Scotia Lodge, 100 Main St. Browse local vendors. www.thescotiainn.com.

Holiday Open House. Fri., Nov. 19, 5-8 p.m. Historic Old Town Eureka, Second Street. Enjoy music, treats, in-store specials and more. In Downtown and Old Town, Eureka. www.eurekamain-street.org.

Samoa Dunes & Wetlands Guided Walk. Third Saturday of every month, 10 a.m.-12:30 p.m. Samoa Dunes & Wetlands Conservation Area, Coper Lane, Arcata. Join Friends of the Dunes naturalist for a hike on loose sand and up and down some moderate slopes. Call or email for required reservation and direc-

tions. Free. info@friendsofthedunes.org. www.friendsofthedunes.org/. (707) 444-1397.

Santa Arrives in Old Town. Fri., Nov. 26, 2-4 p.m. Old Town Gazebo, Second and F streets, Eureka. Santa arrives by firetruck and will be around to visit with children and hand out candy canes until 4 p.m. Please wear a mask.

Small Business Saturday. Sat., Nov. 27, 8 a.m.-9 p.m. Historic Old Town Eureka, Second Street. Support small businesses by shopping local on the Saturday following Thanksgiving. www.eureka-mainstreet.org.

Thanksgiving Day Tour. Thu., Nov. 25, 10 a.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Join leaders Paul Johnson, Alex Stillman and Jean Santi for a 90-minute, rain-or-shine leg-stretcher before your big dinner. Bring a mask to comply

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MY NAME IS JASPER

Mixed Breed male, 1 year old
and 47 pounds.



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domestic short hair, gray tabby.



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Calendar

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with current COVID rules. Free. (707) 826-2359.

The Henderson Center Holiday Open House. Thu., Nov. 18, 5-8 p.m. Henderson Center, Henderson near F Street, Eureka. Pictures with Santa, treats, raffles and giveaways, sales, special events and more. Remember to wear masks and practice social distancing. Free.

Trinidad Blessing of the Fleet. Thu., Nov. 25, 10 a.m. Trinidad Harbor Overlook, corner of Trinity and Edwards streets. Annual event with crews of the local fishing fleet that features a traditional Native blessing, a nondenominational blessing, warm refreshments, student art and music. Free.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

Turkey Trot 5K. Thu., Nov. 25, 9 a.m. Old Town Gazebo, Second and F streets, Eureka. Fun 5K run/walk through Old Town Eureka. Start and finish at the gazebo. Proceeds go to local cross country teams. Pre-registration TBA. (707) 502-9545.

Veteran's Craft Bazaar. Fri., Nov. 26, 10 a.m.-6 p.m. and Sat., Nov. 27, 10 a.m.-4 p.m. Ferndale Veterans Memorial Building, 1100 Main St. Peruse the many local craft booths and do some holiday shopping at the 50th annual event. Refreshments available. Free admission.

Wigi Wetlands Volunteer Workday. Sat., Nov. 27, 9-11 a.m. Wigi Wetlands, Behind the Bayshore Mall, Eureka. Help create bird-friendly native habitat and restore a section of the bay trail. Meet in the parking lot directly behind Walmart. Tools and snacks provided. Please bring your own water, gloves and face mask. COVID-19 participation guidelines online. Free. jeremy.cashen@yahoo.com. www.rras.org/home.aspx. (214) 605-7368.

Mendocino County

ARTS & CULTURE

The Holiday, Small Works Show.

Mondays. Willits Center For the Arts, 71 E Commercial St. This year's collection of 30 artists covers paintings, sculpture, fabric arts, handmade ornaments and more.

LIFESTYLE & COMMUNITY

Festival of Lights 2021. Fridays-Sundays, 5-7 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. The Mendocino Coast Botanical Gardens transforms into a spectacular show of glittering color. Masks are required indoors and outdoors regardless of vaccination status. Please dress for winter weather, no dogs at this event, stay on the lighted paths, children must be accompanied by an adult at all times. Purchase tickets in advance online. \$10 (purchase in advance), free for kids 16 and under. www.gardenbythesea.org/calendar/fol.

Fort Bragg Farmers Market.

Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved

dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Monday Mushroom Walks. Mondays, 1:30-3:30 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. Take a guided tour of the MCBG Mushroom Collection. The Gardens is home to more than 160 species of wild mushrooms during fall and winter. Reservations and mask required. www.gardenbythesea.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County


LIFESTYLE & COMMUNITY

Aromas' Street Food Festival. Fri., Nov. 19, 2-6 p.m. Lake County Campus of Woodland Community College, 15880 Dam Road Exit, Clearlake. The Culinary Club of Woodland Community College Lake County Campus will be offering an assortment of street foods from different ethnic cuisines. Family-friendly activities and local vendors will also be at this student scholarship fundraiser event.


Dickens Fair and Christmas Market.

Sat., Nov. 27, 11 a.m.-6 p.m. Downtown Lakeport, Main Street. Pet parade at noon, visit with Santa, caroling, Nutcracker dance performances, kids' crafts, cookie decorating, Christmas doughnut walk, food vendors, live music and tree lighting at 5:30 p.m.

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine. ♦

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HOME COUNTRY

By Slim Randles



That certain ... crispness? ... in the air reminds me of one of my favorite story assignments over the past thousand years or so. I was a reporter/columnist/feature writer for *The Anchorage Daily News*, and since I had a tolerance for eccentricities in others ... well, they called me the weirdo reporter.

And one of the annual tasks that dropped in my lap was doing a story on what kind of a winter it's going to be. And I did this story each August, you see. So, will it be nasty cold, very mild, deep snow, no snow ... that sort of thing.

It was fun. I'd call up old sourdoughs who'd give me some estimate and then tell me some weird reason why they thought so. You know, the bird calls changed from the key of C to G sharp, that kind of thing. And I'd call up some Native villages and get expert opinions from the old guys there. Fun story.

Well, this one year I thought, hey ... we have a division of the National Oceanographic and Atmospheric Administration right here in Anchorage, and they have satellites and computers and all kinds of neat stuff. I'll ask them.

So I called NOAA and said, what kind of a winter are we in for? And the guy said, "We really can't predict beyond maybe a week at the most." So I said, look, you have all those neat toys over there ... why can't you figure it out? And he said, "Well, Slim, let me see what I can put together and I'll call you tomorrow, okay?"

Now we'll get some really educated information for the readers. I couldn't wait.

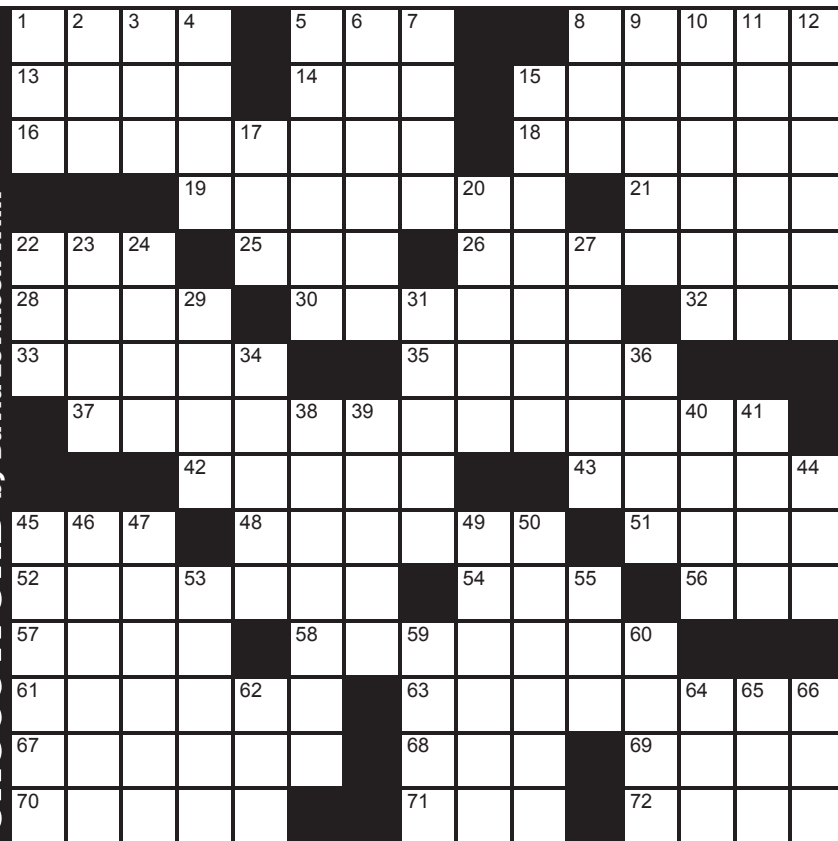
So next day he calls and says his best guess is we'll have a colder than usual winter. Super. And how did he arrive at that conclusion?

He hemmed and hawed, then said, "Well, the beavers are building their lodges in deeper water this year, so we should expect thicker than normal ice."

Once again science triumphs over the tundra. ♦

Brought to you by Dogsled: A True Tale of the North, Slim's first book. Available on Amazon.com.

CROSSWORD by David Levinson Wilk



KRISTOFFERSON — Answers in the next edition

ACROSS

1. Modern cash register device
5. Based ___ true story
8. Places for mobiles
13. First word, maybe
14. Above zero: Abbr.
15. "Belle ___" (1992 Penelope Cruz film)
16. "American Idol" winner whose first name starts his last name
18. Like some castles
19. We
21. City mentioned in "Folsom Prison Blues"
22. YouTube video precursors, often
25. "I did NOT need to hear that"
26. Psychologist and coiner of the term "identity crisis" whose first name starts his last name
28. No rocket scientist
30. Ski resort grooming vehicle
32. Org. with a prohibited-items list
33. Go ballistic
35. Having dire consequences
37. Singer/actor whose first name starts his last name
42. Espionage novelist John Le ___
43. Big bird's grabber
45. Factory work: Abbr.
48. Laughed loudly
51. One way to record a show
52. Pal of Homer Simpson
- whose first name starts his last name
54. Drips in the ER
56. Rower's need
57. "Now or never" time
58. Org. sponsoring the FedEx Cup
61. One with a mortgage
63. Politician whose first name starts his last name
67. In better order
68. Nonalcoholic brew
69. Go to the polls
70. Sly one
71. Peeve
72. Spa treatment

DOWN

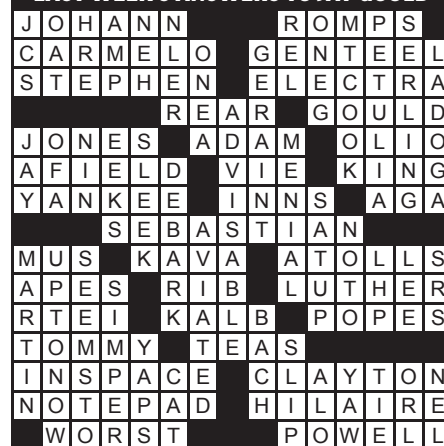
1. Mischievous kid
2. Tuba note
3. "___ Wrong" (2014 Nico & Vinz hit)
4. Tyne of "Cagney & Lacey"
5. Den drugs
6. First half of a workout mantra
7. Org.
8. USN rank
9. "The Fountainhead" hero
10. Measure of brainpower
11. ___ Aires
12. Red Rock State Park location
15. Oil-rich land
17. Fate
20. Coffee that's always faced backwards?
22. Fruity drink suffix
23. Almost any character on

- "The Big Bang Theory"
24. Cowboy's prod
27. "... but is ___?": Kipling
29. "___ fail!"
31. Volunteer
34. Ivan IV and V
36. Future counselor's challenge, for short
38. Speed trap operator
39. Malay for "human"
40. Mixed bag
41. PBS series since 1974
44. Fish ___ fowl
45. Former Golden Arches sandwiches
46. Many an opening shot

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47. Ariana with the 2014 hit "Problem"
49. "I have no preference"
50. "Slavonic Dances" composer
53. Tattooed lady of song
55. Chinese-American fashion icon Anna ___
59. When Stanley cries "Hey, Stella!" in "A Streetcar Named Desire"
60. Get back (to)
62. Hair-raising shout
64. Stubby digit
65. Suffix with Manhattan
66. Coral dweller

LAST WEEK'S ANSWERS TO JAY GOULD



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